

What are the symptoms of cannabis poisoning in children?

Children are more sensitive to the effects of cannabis than are adults. Symptoms of cannabis poisoning in children include:

- Drowsiness or excessive sleepiness
- Dizziness
- Trouble walking or balance problems
- Dilated pupils
- Fast heartbeat
- Vomiting
- Seizures

While not confirmed, there is at least one child who's death is suspected to have been caused by cannabis poisoning.

What should I do if I think a child is suffering from cannabis poisoning?

If you think a child is suffering from cannabis poisoning:

- Take them immediately to the nearest emergency room or dial 9-1-1.
- You may also call poison control center at (800) 222-1222.

GreenlightLB serves those who live, work, and play in Long Beach through being an unbiased and trusted resource for health and safety information related to cannabis, and by ensuring that everyone can make informed decisions about cannabis use.

FOR MORE INFORMATION

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Cannabis Education Program

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This information is available in alternative format by request at 562.570.4207. For an electronic version of this document, visit our website at www.longbeach.gov/cannabisedu

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Cannabis and Young Children



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Why worry about cannabis and children?

- Children are more sensitive to the effects of cannabis than adults. Children can suffer vomiting, seizures, or coma as a result of cannabis poisoning. While not confirmed, there is at least one child whose death is suspected to have been caused by cannabis poisoning.
- Since children's brains are still developing, they are more likely to see long-term negative health outcomes from cannabis exposure. Some possible long-term effects of cannabis exposure in young children include:
 - Negative effect on working memory
 - Slow growth of sections of the brain
- Young children explore the world through their senses – they like touching and tasting things, even if those things might be harmful to them.
- In states that have legalized cannabis, more people are reporting accidents involving children and cannabis poisoning. This could be because more people feel comfortable reporting cannabis use in their household, or it could mean more children are being harmed by cannabis; the data is not clear yet.
- Some cannabis products look like regular, non-cannabis candies or other foods that are attractive to children. It can be easy to mistake cannabis edibles with regular food.
- Children often mimic adults, and substance use and abuse can be passed on to children. Studies have found that children whose parents suffered from alcoholism are 3-4 times more likely to develop alcoholism in adulthood, compared to adults whose parents did not suffer from alcoholism; we don't know if this pattern is the same for cannabis use.

What types of cannabis products could hurt children?

EATING OR SWALLOWING EDIBLES:

Edibles are food or drink items made with cannabis or infused with cannabis oils. Edibles are sometimes in forms that children like, such as gummies or brownies, lemonades or sodas, or many others.

EATING OR SWALLOWING RESIN OR CONCENTRATES:

Resin is the greasy build-up that forms from heating cannabis flowers or concentrates. It can be found on the inside of cannabis paraphernalia, such as bongs or pipes.

BEING AROUND SECONDHAND CANNABIS SMOKE:

Carcinogens, or chemicals that cause cancer, in cannabis smoke are similar to those in cigarette smoke. Some studies even found that there were more chemicals present in cannabis smoke than in tobacco smoke! Secondhand cannabis smoke in children can cause ear infections, more frequent and severe asthma attacks, respiratory or breathing issues, bronchitis, and pneumonia.

How can I keep children safe from cannabis?

- Treat cannabis products and paraphernalia like any medicines or harmful substances and safely secure them out of sight and reach from children. If possible, keep cannabis, paraphernalia, and other medicines or harmful substances in a child-proof box or locked cabinet.
- Keep cannabis products in their original packaging until the product is completely gone. This will reduce the likelihood of someone confusing edibles for non-cannabis foods and make it easier for emergency personnel to know what's in the product in the case of a cannabis poisoning.
- Never smoke or vape any substance (tobacco, cannabis, etc.) in the same area as children.
- Teach children to ask about what they put in their mouths.
- Make sure friends, family members, and babysitters know to keep cannabis products away from children.